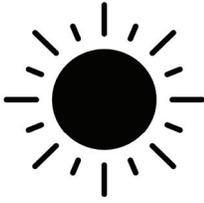


WEEK #2 TRACKER

Name: _____ Team/School: _____

	March 9	March 10	March 11	March 12	March 13	March 14	March 15
Check off each day you are active in the boxes below. Any activity counts!							
<input checked="" type="checkbox"/>	<input type="checkbox"/> Training Tuesday	<input type="checkbox"/> Wellness Wednesday	<input type="checkbox"/> Turn It Up Thursday	<input type="checkbox"/> Feel Good Friday	<input type="checkbox"/> Strength Saturday	<input type="checkbox"/> Stride Sunday	<input type="checkbox"/> Mindfulness Monday
SONC Activity	<p>Build those running and walking muscles!</p> 	<p>Try your hands at this "sun" activity!</p> 	<p>Challenge someone to this week's Turn it Up Thursday competition!</p> 	<p>15 minutes of "you" time - what activity did you do?</p> <p>_____</p> 	<p>Getting our chops in!</p> 	<p>SUNday Scavenger Hunt! How many objects did you find?</p> <p>_____</p> 	<p>Let's practice Strong Breathing!</p> 
Did you do something different? Write it here.							
Did you Power Up by getting 20 in the Sun?	Yes I did!  <input type="checkbox"/>	Yes I did!  <input type="checkbox"/>	Yes I did!  <input type="checkbox"/>	Yes I did!  <input type="checkbox"/>	Yes I did!  <input type="checkbox"/>	Yes I did!  <input type="checkbox"/>	Yes I did!  <input type="checkbox"/>

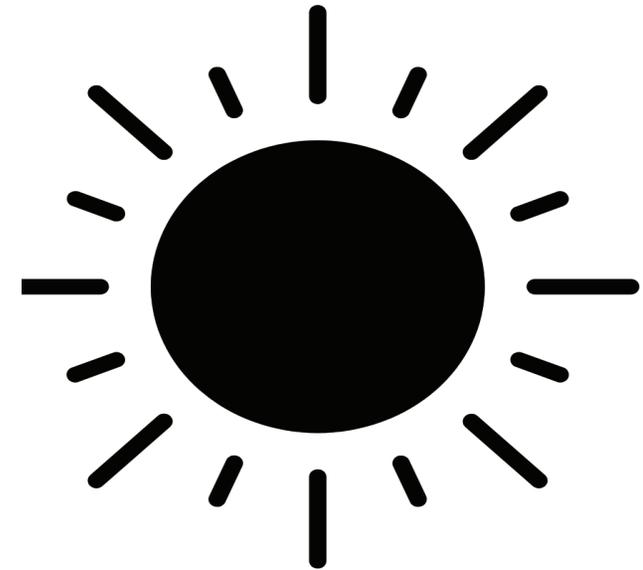
Week #2 Power Up: 20 in the Sun

Days are getting longer and it's starting to warm up! This means it's time for more fun, outdoor activities. This week, Power Up by spending 20 minutes outside every day.

Ideas for outdoor activities:

- Practice a sport
- Yard work
- Chat with your neighbor
- Do that day's Partner Up Power Up activity
- Anything to really soak in the sun!

If it's rainy outside, try and spend 20 minutes doing an activity in a brightly-lit room instead.



What fun, outdoor activity do you plan to do this week? _____

Advanced Power Up Option: Don't forget to protect your skin when you are outside. Sun safety is important because it protects us from skin damage, skin cancer, heat stroke and heat exhaustion. Follow these tips every day to complete the Power Up challenge: Use at least SPF 15 sunscreen whenever you go outside and reapply sunscreen every 2 hours after swimming, sweating or toweling off.

March 9: Training Tuesday

To start off strong, you need to start with the basics!

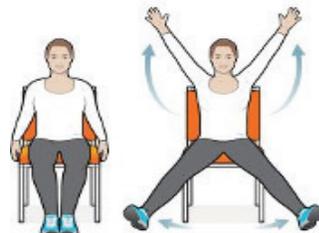
First, let's warm up!

1 Jumping Jacks: Do for 30 seconds

- Jump up and spread your legs apart as you swing your arms over your head.
- Jump again and bring your arms back to your sides and your legs together.



Chair modification: While seated, do the same arm and leg motions as above. You can also just do the arm motions. Make it harder by adding 15 more seconds.



2 March and Arm Swings: Do for 30 seconds

- March in place. Lift your knees up as high as you can. Go at a steady pace.
- As you bring your knee up, swing the opposite arm in front of you.
- Switch your arms when you switch your legs.



Chair modification: While seated, do the same arm and leg motions as above. You can also just do the arm motions. Make it harder by adding 15 more seconds.



Practice Jumping Rope:

- Hold handles in your hands with the rope hanging behind your feet.
- Jump over the rope while swinging the rope forward without stopping. Continue this motion. If you mess up, that's okay; reset and start again.
- **Tip 1:** To get started, you can simply step over the rope. Once you are comfortable with the motion, then you can move to jumping.
- **Tip 2:** Have someone else jump rope and you jump next to them without a rope to learn the movement.
- **Tip 3:** You can lay the rope flat on the ground and work on jumping over it both forward and backward.
- **Tip 4:** Stand or sit holding the handles of the rope in one hand. With that hand, make the same swinging motion you would do the full jump rope exercise. Switch and do it on the other side. Your wrist should be the only part of your body moving.



Let's get strong!

3

High Knee Lifts: Do 10 times (5 each side)

- Stand with your feet hip-width apart and your hands on your hips. Hold onto a chair or wall to help with your balance.
- Lift your left knee slowly to your chest as high as you can. Hold for 3 seconds.
- Slowly lower your foot back to the ground.
- Switch legs and repeat.



Chair modification: A) Sit on the edge of the chair and repeat the movement above. B) Do quick punches with your arms, one at a time. Focus on tightening your abs and punching quickly.

5

Floor is Lava - Run in Place: Do for 30 seconds

- In this exercise, you want to try to move your feet as quickly as possible! Mark a spot on the floor using tape with an X, if you have it.
- Stand lightly on the balls of your feet (the part right by your toes). Start the clock and then lift your legs and pump your arms, like you are sprinting down the track (or running on hot lava), but staying on the X.

Modification: Lightly jog or march in place.

Chair modification: Both arms by your side and hands in fists. Alternate bicep curls as fast as you can.



4

High Knee Punches: Do 10 times (5 each side)

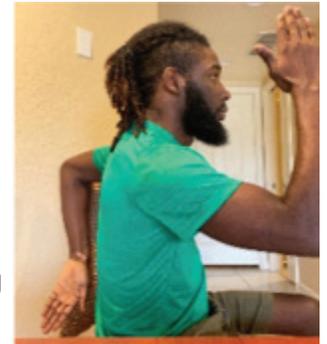
- Same movement as previous exercise, but quicker.
- Lift your left knee (like punching the air with your knee) to your chest as high as you can. Hold for 1 second, lower your foot and switch legs.

Chair modification: A) Same movement as above, but quicker. B) Quick arm punches, but this time, aim to the sky. Focus on tightening your abs and punching quickly.

6

Seated Sprinting Arm Action: Do for 20 seconds

- Sit down with legs fully extended, and both arms bent at the elbow at a 90-degree angle.
- Pull your right arm back while you move your left arm forward and then switch, like you're swinging your arms.
- Swing both arms as fast as you can for 20 seconds, as if you were sprinting down the track.



Rest for 30 seconds, then get water. Repeat 2 more times.

Let's cool down!

7

Knee to Chest: Hold for 15 seconds each leg

- Lie on your back with your legs straight.
- Bring your right knee toward your chest.
- Wrap your hands underneath your knee.
- Pull your leg closer to your body until you feel a stretch in the back of your right thigh.
- Repeat the stretch on your left leg.



8

Calf Stretch: Hold for 15 seconds each leg

Instructions on page 8



9

Triceps Stretch: Hold for 20 seconds

Instructions on page 8



Fast Stretching Facts:

- Stretching keeps the muscles flexible, strong and healthy, and we need that flexibility to maintain a range of motion in the joints. Without stretching, you are at risk for joint pain, strains and muscle damage. - Harvard Health
- Stretching once won't magically give you perfect flexibility. You'll need to do it over time and remain committed to the process. It may take months of stretching to get full flexibility of your muscles. - Harvard Health
- Stretching can improve flexibility.

Rest for 30 seconds. Repeat 2 more times.

March 10: Wellness Wednesday

Ready, Set, Science! Let's do an experiment to see how sunscreen protects your skin from the sun!

What you need:

- Construction paper (red or green works best)
- Sunscreen (at least SPF 30)
- A few rocks or other small, heavy objects
- A sunny spot outside

Instructions:

1. Squirt a pea-sized amount of sunscreen on your hand.
2. Rub the sunscreen all over your palms and the surfaces of your fingers. Don't rub it in too much, you want to see a thin layer of sunscreen on your hands!
3. Place your hands down firmly on the construction paper. Be sure to press down all of your fingers and your palms.
4. Place the paper outside in a sunny spot where it will get sunlight for 3-4 hours.
5. Place a small rock on each corner of the paper. This will keep the paper from blowing away. Leave outside for 3-4 hours.
6. After the wait is over, go outside and look at your paper. You should notice that the sun has faded the color of the paper, but the areas with sunscreen are still dark! This shows how much sunscreen can protect your skin from the sun.



Remember to protect your skin and wear sunscreen whenever you are outside!

March 11: Turn It Up Thursday

Today, challenge your partner or someone you know to a little push-up/jumping jack competition to see who can get the most points.

The rules:

- Do push-ups and jumping jacks throughout your day today to earn points.
- You will get 5 points for every push-up you do.
- You will get 2 points for every jumping jack you do.
- Keep track of your points on a piece of paper or on your phone.
- Check in with the other person at the end of the day to see who got the most points.



Post how many you did of each in the Facebook group! Let's see how many everyone did!

March 12: Feel Good Friday

It's important to set time aside during the day to do the things you love.

Today, spend 20 minutes doing an activity that makes you feel good. Do the activity outside and check off your Power Up for today!

Examples: drawing, stretching, talking to a friend, dancing, anything that puts a smile on your face.

Write what activity you chose on your tracker. Post it on the Facebook group or share with your coach.



March 13: Strength Saturday

Be sure that you use correct form when doing strength exercises, so you prevent yourself from getting hurt. It's better to do less with the right form.

Let's practice half kneeling chops (instructions on page 9)! Look around your room. For every picture you have in your room, you must do 5 half kneeling chops on each leg.



Watch this video from Special Olympics International led by WWE superstar Becky Lynch and do the exercises in this video twice.

<https://rb.gy/qdqw5w>



March 14: Stride Sunday

SUNday Scavenger Hunt

Let's get outside for our walk or run! Before we do, let's remember to put on our sunscreen! You can also protect yourself from the sun by wearing a hat, sunglasses and protective clothing.

While out on your walk, see how many of the following objects you can find:

- | | | |
|---|--|---|
| <input type="checkbox"/> A squirrel | <input type="checkbox"/> Someone riding a bike | <input type="checkbox"/> The letter "p" |
| <input type="checkbox"/> A flower blossom | <input type="checkbox"/> An American flag | <input type="checkbox"/> A bumper sticker |
| <input type="checkbox"/> A red car | <input type="checkbox"/> A fence | <input type="checkbox"/> A dog that isn't yours |

Write how many objects you found on your tracker!

Stride Goals

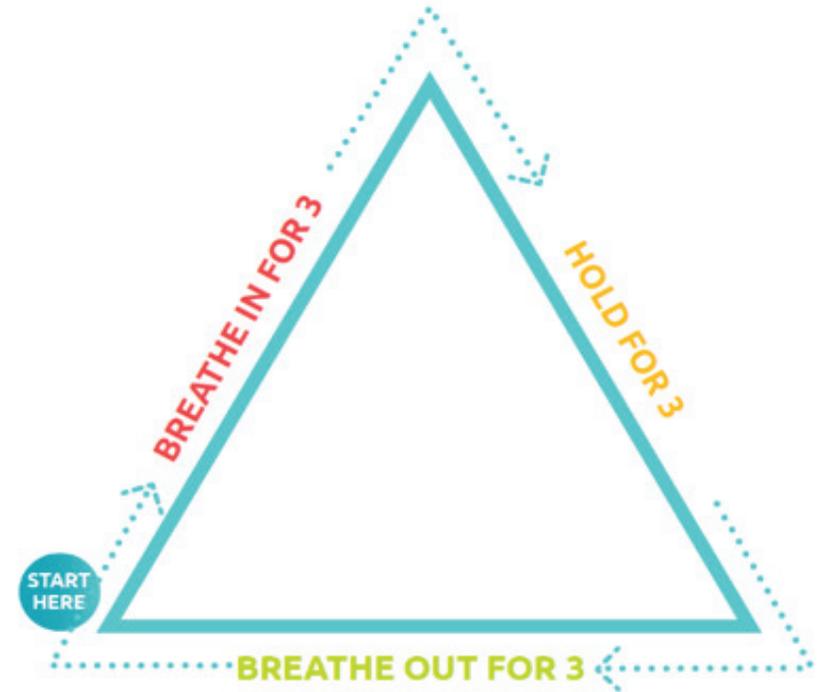
Beginner Goal: Get 2,000 steps or 1 mile.

Advanced Goal: Get 10,000 steps or 5 miles.

Deep breathing can be used anytime and anywhere to help you feel better when you are nervous or stressed.

Let's practice:

- Close your eyes.
- Breathe in for 3 seconds.
- Hold your breath for 3 seconds.
- Breathe out for 3 seconds.
- Repeat 4 more times.
- Use the triangle to the right to help guide you.



Every time you feel stressed or anxious today, stop and do this Strong Breathing exercise.

Do it 4 times throughout the day and once before you go to sleep.

When did you do it?	<input checked="" type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
Before bedtime	<input type="checkbox"/>